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|------------------------------------------|--------------|---------------|---------------|--------------------------|----------------|
| <b>MENÜÜ PK 15.09-19.09.2025</b>         |              |               |               |                          |                |
| <b>ESMASPÄEV</b>                         | <b>KOGUS</b> | <b>VALGUD</b> | <b>RASVAD</b> | <b>SÜSI-<br/>VESIKUD</b> | <b>ENERGIA</b> |
| <b>Hommik</b>                            |              |               |               |                          |                |
| Hommikuhelbed                            | 50           | 3.95          | 1.25          | 40                       | 190            |
| Joogijogurt                              | 200          | 7.6           | 3             | 26                       | 164            |
| Sai                                      | 30           | 2.79          | 0.99          | 14.85                    | 81.6           |
| Keedetud muna                            | 30           | 2.46          | 0             | 0                        | 27.06          |
| Kohv/Tee/mahlajook                       | 200          |               |               |                          |                |
| <b>Lõuna</b>                             |              |               |               |                          |                |
| Böfstrooganov                            | 150          | 17.39         | 13.33         | 6.43                     | 228.31         |
| Keedetud kartul                          | 100          | 7.6           | 0.1           | 17.1                     | 76.9           |
| Keedetud riis                            | 100          | 2.2           | 0.3           | 27.2                     | 122.2          |
| Porgandi-kons. ananassisalat             | 50           | 0.28          | 0.16          | 4.55                     | 20.8           |
| Punase kapsa-mädarõikasalat õlikastmega  | 60           | 0             | 0             | 4                        | 56             |
| Leib                                     | 30           | 2             | 0.39          | 14                       | 67             |
| Maitsevesi                               | 200          | 0             | 0             | 0                        | 0              |
| <b>Oode</b>                              |              |               |               |                          |                |
| Puuvili                                  | 70           | 0.49          | 0.42          | 11.62                    | 52.99          |
| <b>KOKKU</b>                             | <b>1270</b>  | <b>46.76</b>  | <b>19.94</b>  | <b>165.75</b>            | <b>1086.86</b> |
|                                          |              |               |               |                          |                |
| <b>TEISIPÄEV</b>                         | <b>KOGUS</b> | <b>VALGUD</b> | <b>RASVAD</b> | <b>SÜSI-<br/>VESIKUD</b> | <b>ENERGIA</b> |
| <b>Hommik</b>                            |              |               |               |                          |                |
| Kaerahelbepuder keedisega                | 220          | 7.62          | 4.75          | 53.06                    | 281.75         |
| Sepik                                    | 30           | 2.37          | 0.75          | 13.2                     | 69.3           |
| Keedu vorst                              | 10           | 0.93          | 1.8           | 0.67                     | 22.85          |
| Puuvili                                  | 80           | 0.56          | 0.08          | 7.92                     | 35.2           |
| Kohv/Tee/mahlajook                       | 200          |               |               |                          |                |
| <b>Lõuna</b>                             |              |               |               |                          |                |
| Peedi-hakklihasupp                       | 250          | 8.69          | 5.72          | 32.15                    | 230.28         |
| Pannkoogid keedisega                     | 60           | 8.67          | 3.03          | 47.16                    | 259.35         |
| Leib                                     | 30           | 2             | 0.39          | 14                       | 67             |
| <b>Oode</b>                              |              |               |               |                          |                |
| Kartulisalat                             | 100          | 2.7           | 10.18         | 11.6                     | 269.33         |
| Leib                                     | 15           | 1.35          | 5.9           | 5.8                      | 134.67         |
| <b>KOKKU</b>                             | <b>995</b>   | <b>34.89</b>  | <b>32.6</b>   | <b>185.56</b>            | <b>1369.73</b> |
|                                          |              |               |               |                          |                |
| <b>KOLMAPÄEV</b>                         | <b>KOGUS</b> | <b>VALGUD</b> | <b>RASVAD</b> | <b>SÜSI-<br/>VESIKUD</b> | <b>ENERGIA</b> |
| <b>Hommik</b>                            |              |               |               |                          |                |
| Riisihelbepuder keedisega                | 220          | 5.59          | 4.41          | 53.49                    | 263.9          |
| Leib                                     | 30           | 2             | 0.39          | 14                       | 67             |
| Singimääre                               | 20           | 2.31          | 2.96          | 0.23                     | 37.16          |
| Vahvel                                   | 25           | 1             | 8.9           | 13.875                   | 139.75         |
| Kohv/Tee/mahlajook                       | 200          |               |               |                          |                |
| <b>Lõuna</b>                             |              |               |               |                          |                |
| Koorenepasta kanafilee ja köögiviljadega | 300          | 15.63         | 13.76         | 26.13                    | 296.46         |
| Kaalikasalat majoneesiga                 | 50           | 0.37          | 1.7           | 3.24                     | 30.13          |
| Toomesalat                               | 50           | 0.42          | 0.27          | 4.09                     | 20.7           |
| Leib                                     | 30           | 2             | 0.39          | 14                       | 67             |
| Piim                                     | 200          | 6.4           | 5             | 3.4                      | 110            |
| <b>Oode</b>                              |              |               |               |                          |                |
| Omlett                                   | 100          | 8.4           | 6.39          | 1.44                     | 97.8           |
| Tee                                      | 200          | 0             | 0             | 29.97                    | 121.8          |
| Sepik                                    | 30           | 2.37          | 0.75          | 13.2                     | 69.3           |
| <b>KOKKU</b>                             | <b>1455</b>  | <b>46.49</b>  | <b>44.92</b>  | <b>177.065</b>           | <b>1321</b>    |
|                                          |              |               |               |                          |                |

| <b>NELJAPÄEV</b>                 | <b>KOGUS</b> | <b>VALGUD</b> | <b>RASVAD</b> | <b>SÜSI-<br/>VESIKUD</b> | <b>ENERGIA</b>  |
|----------------------------------|--------------|---------------|---------------|--------------------------|-----------------|
| <b>Hommik</b>                    |              |               |               |                          |                 |
| 4-viljahelbepuder keedisega      | 220          | 6.86          | 3.73          | 51.77                    | 272.18          |
| Sai                              | 30           | 2.79          | 0.99          | 14.85                    | 81.6            |
| Juustumääre                      | 20           | 8.76          | 7.6           | 0.1                      | 95.84           |
| Puuvili                          | 90           | 0.18          | 0.32          | 8.91                     | 39.87           |
| Kohv/Tee/mahlajook               | 200          |               |               |                          |                 |
| <b>Lõuna</b>                     |              |               |               |                          |                 |
| Kalavorm                         | 150          | 29.11         | 10.9          | 4.2                      | 411.85          |
| Kartulipüree                     | 100          | 11.45         | 0.31          | 25.73                    | 117.32          |
| Keedetud tatar                   | 100          | 2.22          | 0.4           | 13.24                    | 64.44           |
| Valge jahukaste                  | 100          | 1.31          | 7.74          | 6.07                     | 75.96           |
| Tomati hapukooresalat            | 65           | 0.64          | 3.11          | 2.18                     | 39.7            |
| Hiinakapsa-kurgi-kons.maisisalat | 50           | 0.64          | 0.11          | 2.54                     | 14.04           |
| Leib                             | 30           | 2             | 0.39          | 14                       | 67              |
| Mahlajook                        | 200          | 0.07          | 0             | 8.7                      | 35.3            |
| <b>Oode</b>                      |              |               |               |                          |                 |
| Puuvili                          | 60           | 0.36          | 0.12          | 6.12                     | 27.42           |
| <b>KOKKU</b>                     | <b>1415</b>  | <b>66.39</b>  | <b>35.72</b>  | <b>158.41</b>            | <b>1342.52</b>  |
|                                  |              |               |               |                          |                 |
| <b>REEDE</b>                     | <b>KOGUS</b> | <b>VALGUD</b> | <b>RASVAD</b> | <b>SÜSI-<br/>VESIKUD</b> | <b>ENERGIA</b>  |
| <b>Hommik</b>                    |              |               |               |                          |                 |
| Rukkihelbepuder keedisega        | 220          | 6.43          | 3.51          | 50.49                    | 269.3           |
| Sepik                            | 30           | 2.37          | 0.75          | 13.2                     | 69.3            |
| P/S vorst                        | 10           | 1.71          | 3.38          | 0                        | 37.64           |
| Kohv/Tee/mahlajook               | 200          |               |               |                          |                 |
| <b>Lõuna</b>                     |              |               |               |                          |                 |
| Külasupp                         | 250          | 5.68          | 5.68          | 12.08                    | 123.39          |
| Hapukooretarretis                | 200          | 6.34          | 32.5          | 24.58                    | 421             |
| Leib                             | 30           | 2             | 0.39          | 14                       | 67              |
| <b>KOKKU</b>                     | <b>940</b>   | <b>24.53</b>  | <b>46.21</b>  | <b>114.35</b>            | <b>987.63</b>   |
|                                  |              |               |               |                          |                 |
| <b>NÄDAL KOKKU</b>               | <b>6075</b>  | <b>219.06</b> | <b>179.39</b> | <b>801.135</b>           | <b>6107.74</b>  |
| <b>NÄDALA KESKMINE</b>           | <b>1215</b>  | <b>43.812</b> | <b>35.878</b> | <b>160.227</b>           | <b>1221.548</b> |

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G- gluteenivaba

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